

## **COACHES' INFORMATION**

### **FOR ALL COACHES AND ALL GRADE LEVELS**

1. Coach in accordance with the Cougar Hoops Mission Statement. (See attached)
2. Participate in the Monroe County/Livingston County league.
3. Have one to two practices per week in accordance with the Gym Schedule and the Practice Schedule distributed prior to the season.
4. Compete in at least two tournaments.
5. Follow the Coaches' Code of Conduct.

### **THIRD AND FOURTH GRADE LEVELS**

1. Focus on fun.
2. Avoid playing more than twenty-five (25) games.
3. Rotate kids in as many different positions as possible and keep playing time equal (PT).
4. Attempt to introduce basic basketball skills including dribbling, passing and shooting as well as individual defensive positioning and plays.
5. Introduce basic basketball terminology (backdoor; high post/low post; pick and roll; give and go)
6. Play a lot of 2 on 2 and 3 on 3 in practice.
7. Avoid cuts at all costs (assuming the total tryout numbers are reasonable). It is understood that all cuts are a specific situational thing.

### **FIFTH AND SIXTH GRADE LEVELS**

1. Focus on fun; but increase the competitive atmosphere somewhat depending on the kids interest and level.
2. PT should be as equal as possible with some variations based on opponent, score and situation.
3. Kids should play more than one position.

4. Increased attention to skill development: dribbling, shooting, passing and individual defense.
5. Increased attention and focus on good shooting form and fundamentals.
6. Introduce team defensive concepts and rebounding/box out emphasis.
7. Cuts should be avoided if at all possible. It is understood that all cuts are a specific situational thing.
8. Play no more than 30-35 games.
9. Play a lot of 2 on 2 and 3 on 3 in practice.

### SEVENTH AND EIGHTH GRADE LEVELS

1. The competitive atmosphere should again increase (similar to the third and fourth grade and fifth and sixth grade levels). The bar to play HFL Cougar Hoops seventh and eighth grade travel should be a little higher. Cuts are unfortunately part of the process, and may occur on a year to year basis.
2. Increased skill development should be stressed including individual offensive moves and shooting form. The players should be expected to make a higher level of commitment to this level of travel basketball.
3. Increased coordination with the HFL School Programs should be encouraged. The kids should learn the same offenses, same defenses and skill emphasis as prescribed by HFL coaches.
4. PT is not equal; but each kid should get meaningful PT in each game.